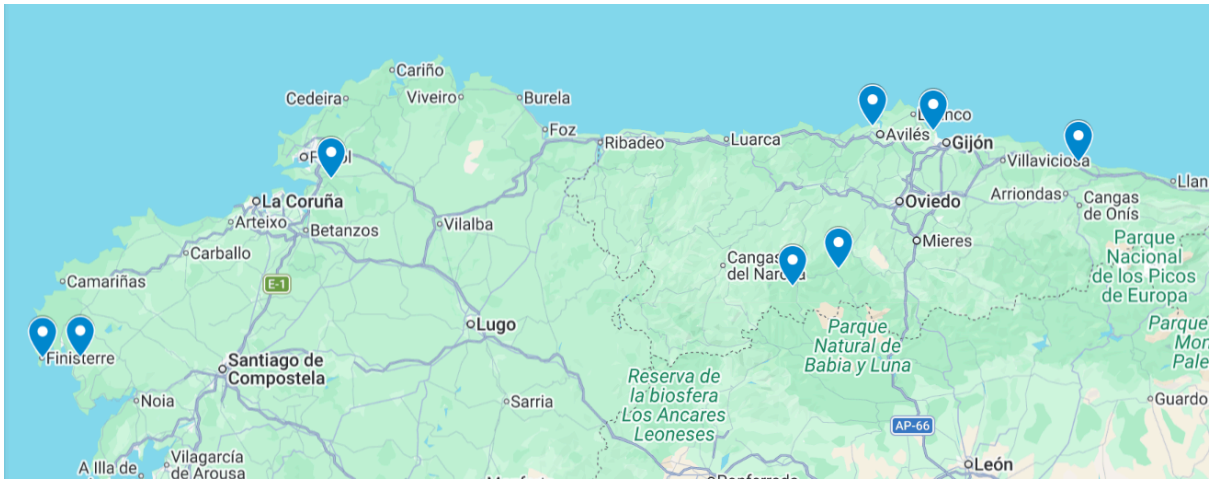




FROM PLAYA DE LA VEGA TO FINISTERRE



Canda Viewpoint

DAY 1 LA VEGA BEACH [Location](#)

A day of surfing in eastern Asturias. Thanks to its orientation towards the Cantabrian Sea, it receives frequent swells for much of the year, offering conditions suitable for both experienced surfers and those looking for days of moderately sized waves.



Vega Beach is the best known of the three due to its wide expanse of sand and the quality of its surf breaks, with good conditions usually found with swells from the north and northwest.

DAY 2 SOMIEDO [Location](#)



Parking for interpretation center

This is a physically demanding route, ideal for experienced hikers or mountain bikers who want to enjoy a full day in the high mountains among glacial lakes, mountain passes and some of the most emblematic landscapes of the Somiedo Natural Park. [ROUTE HERE](#)



Alto de la Farrapona

BEAR TRAIL [Location](#)

A circular route starting in San Martín, exploring some of the most representative spots in the Teverga and Trubia valleys. The itinerary crosses several historic bridges over the Teverga and Trubia rivers, passing through towns with significant rural heritage such as San Román, Trubia, and Tuñón, where you can admire traditional churches and enjoy the characteristic landscape of inland Asturias.



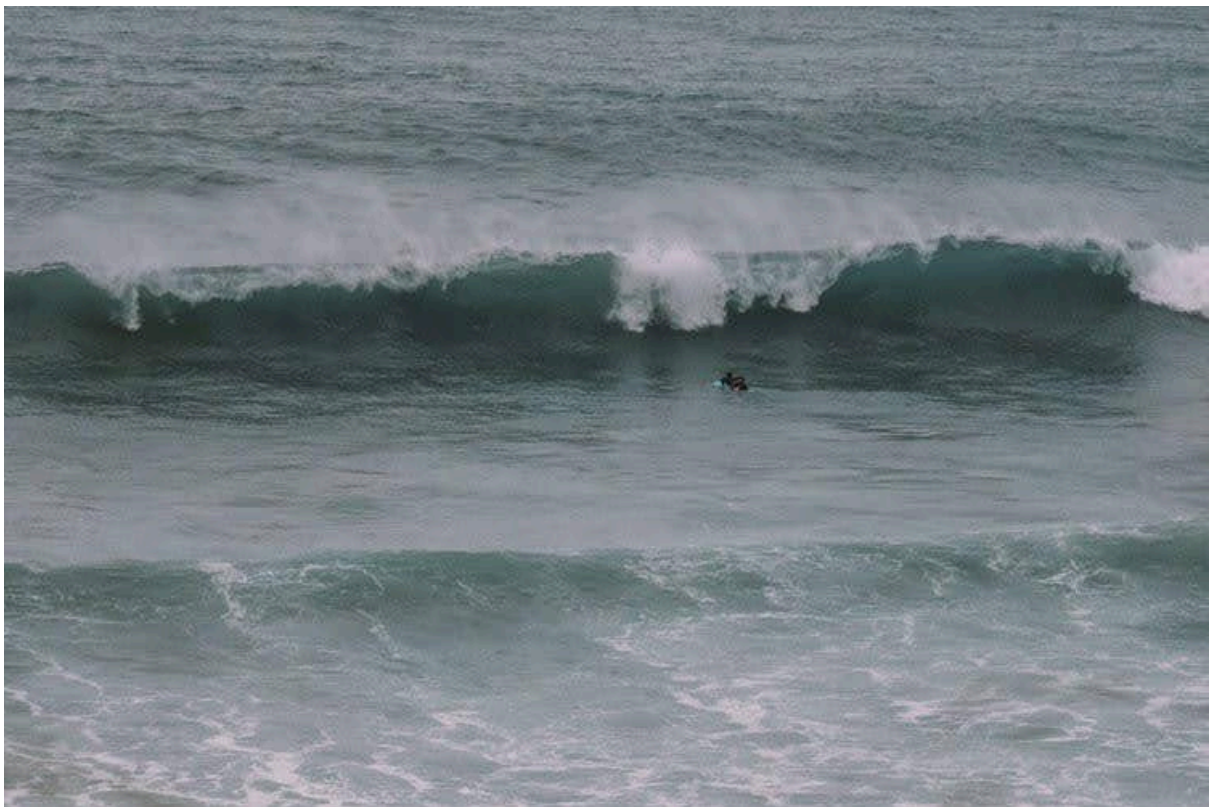
Bear's Trail

The second part of the route follows tracks and secondary roads surrounded by forests and mountains, passing by the Reguero de las Xanas stream and its historic bridge, one of the area's most well-known natural landmarks, before returning to the starting point. It is a moderately difficult route with no significant technical or physical challenges. [ROUTE HERE](#)



Las Ubiñas-La Mesa Natural Park

DAY 4 SALINAS BEACH [Location](#)



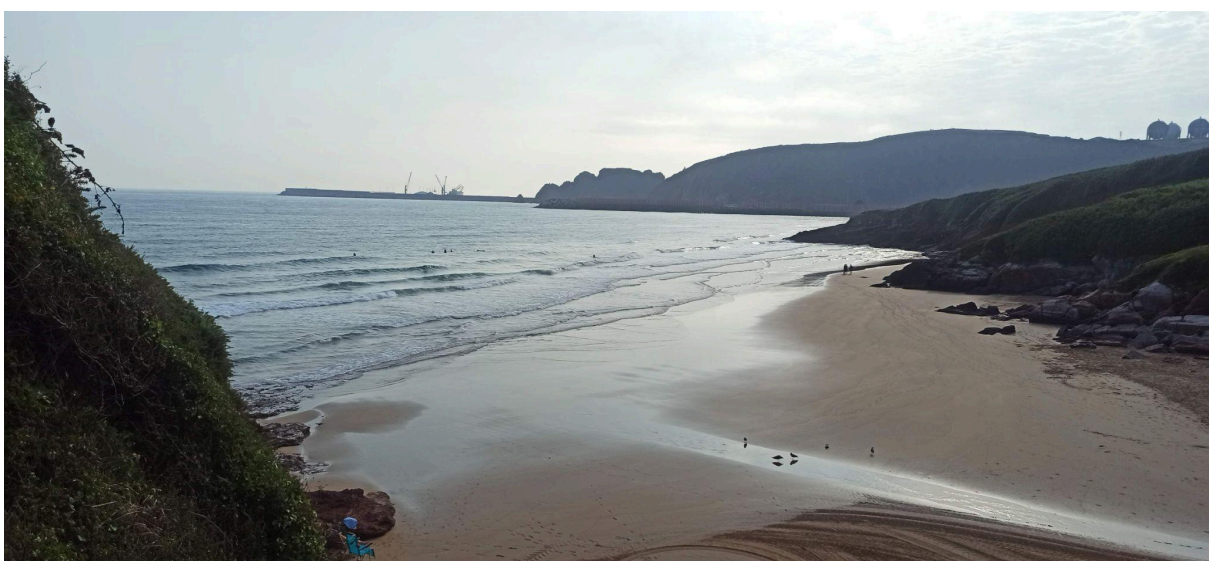
Salinas Beach

Different areas of the beach offer conditions suitable for various experience levels. Depending on the swell and tides, you can find everything from gentle waves for beginners to more powerful breaks that attract advanced surfers. Salinas also boasts a great surf scene, surf schools, specialized shops, and all the necessary services for a perfect day out.



Cantabrian Sea means it receives frequent swells, offering good conditions for intermediate and advanced surfers for much of the year.

Xivares Beach



Parking playa Xivares

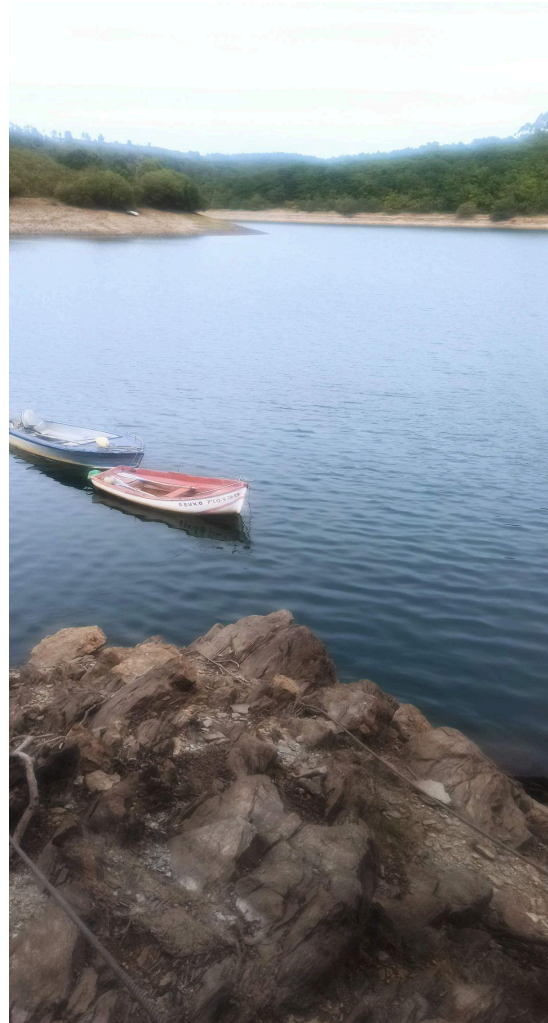
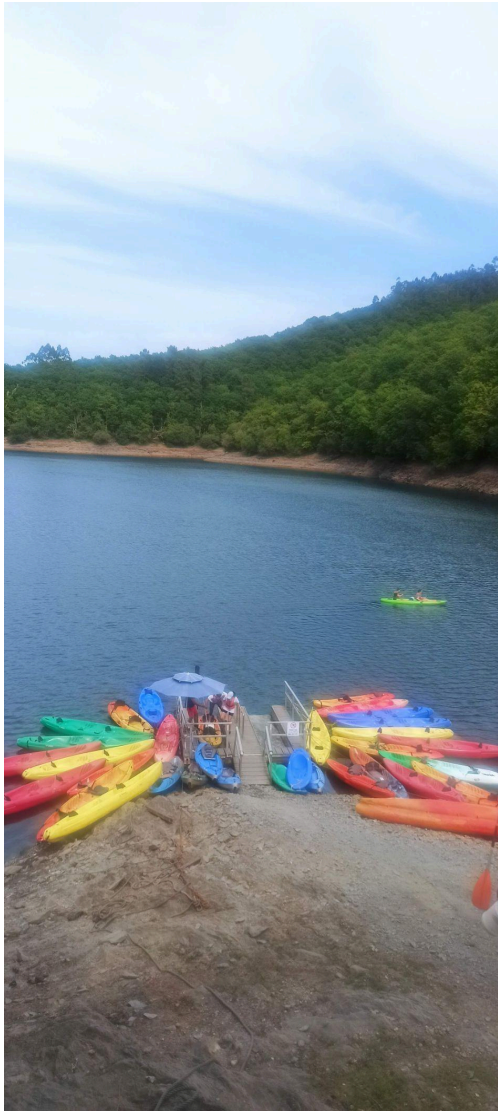


Views from the Parking

DAY 6 EUME FALLS [Location](#)

The Fragas do Eume, located in the province of A Coruña (Galicia), is home to one of the best-preserved Atlantic forests in Europe. This protected natural area is notable for its lush oak, chestnut, alder, and fern forests, which line the banks of the Eume River, creating a landscape of great beauty and biodiversity.

Fragas do Eume



Fraguas do Eume

Is A unique setting for kayaking, allowing you to navigate the tranquil waters of the Eume River surrounded by one of the best-preserved Atlantic forests in Europe. The route winds through lush oak, chestnut, and alder groves, offering a different perspective of this spectacular natural area.

During the journey, you can admire the lush vegetation covering the valley slopes, as well as ancient stone bridges and spots of great scenic beauty. One of the main attractions is the view of the historic Mosteiro de Caaveiro, a medieval monastery nestled in nature, which can be admired from the river or combined with a walking tour.[ROUTE HERE](#)

DAY 7 FINISTERRE [Location](#) and ÉZARO [Location](#)

Ending the journey on the Costa da Morte with a start in Island The route takes you through some of the most emblematic places on Cape Finisterre. It ascends to the... Bed Source and continues towards the Fiterra Lighthouse, one of the most famous lighthouses in Europe and traditionally considered the "end of the world" of the Camino de Santiago.



Beach and viewpoint overlooking the Costa da Morte

The route passes through the Mount Facho and the Sunset Viewpoint. Two magnificent natural balconies offering spectacular views over the Atlantic Ocean and the rugged Galician coast. On the descent, you will visit the Fonte Cabanas, the Monument to the Pilgrim, and the historic Igreja de Santa Maria das Areas, closely linked to the Jacobean traditions, before returning to the starting point.

With This is a route of low to moderate difficulty, ideal for enjoying a day of hiking among cliffs, lighthouses, historical heritage and some of the best panoramic views of the Costa da Morte. [ROUTE HERE](#)



Ézaro Waterfall

To conclude the trip, they made a short recreational stop at the beautiful Ézaro Waterfall, one of Galicia's most spectacular natural monuments. In this unique location, the Xallas River plunges from a height of approximately 40 meters to flow directly into the Atlantic Ocean, making it the only waterfall in Europe that falls directly into the sea.

REQUIRED TRAVEL EQUIPMENT

Hiking and trail running gear

Perfect for:

Fragas do Eume

Cape Finisterre

Ézaro Waterfall

Coastal routes of the Costa da Morte

Mandatory

Backpack 30-40 L

waterproof trekking shoes

Trekking poles (recommended)

Waterproof and windproof jacket

Technical trousers

Shorts

Cap

Category 3 sunglasses

Crema solar SPF 50

Water

Kayak equipment

Required for:

Fragas do Eume (Eume river)

Required materials

Kayak

Shovel

approved life jacket

Waterproof bag

Water shoes or water shoes

Swimsuit

Towel

Advisable

Technical lycra t-shirt
Sunglasses with a strap
Water-resistant sunscreen
Cap or hat
Dry change of clothes

Surfing equipment

To:

Salinas Beach
Xivares Beach
Lagosteira Beach (Fistera)

Material

Surfboard
Neoprene (3/2 or 4/3 mm depending on the time of year)
Invention (leash)
Water shoes (recommended outside of summer)
Paraffin (wax) suitable for the water temperature
Towel or change of poncho
Water-resistant sunscreen
Flip-flops

Equipo de SUP (Stand Up Paddle)

To:

Costa da Morte (protected coves)
Reservoirs and calm waters

Required materials

SUP board
Adjustable paddle
Leash
Life jacket
Pump (if the board is inflatable)
Carrying backpack
Waterproof bag

Swimsuit

Towel

Advisable

Escarpines

Lycra technical t-shirt

Short wetsuit (depending on water temperature)

Repair kit

Lightweight anchor (optional)

Recommended clothing (1 week)

5 technical t-shirts

2 pairs of shorts

2 pairs of long pants

1 fleece lining

1 waterproof jacket

1 lightweight windbreaker

6-7 pairs of technical socks

Underwear

Cap

Buff

Thin gloves (optional)

Extra important

Power bank (10.000-20.000 mAh)

Chargers and cables

Waterproof bags for documents and electronics

Cash (rural areas)

Headlamp with spare batteries

Sports camera (optional)

Binoculars (optional for bird and coastal observation)

This material covers all the activities planned for the trip: Hiking, kayaking, surfing, SUP and routes along the Costa da Morte and the Fragas do Eume without needing to carry high-mountain equipment or via ferrata gear